SALUTING OUR

4-H Clubs

4-H Projects

4-H'ers today may take part in a wide variety of 4-H projects.

Shown above are Bobby Carter and Julie Lettner displaying their insect collections. Catching insects, spiders, butterflys, cocoons, etc. is a part of the 4-H Entomology project that is conducted each spring by 4-H'ers in Miss Pam White's class. 4-H'ers complete this project by learning about insects, collecting them, and displaying them.

Today's 4-H'ers may take projects that range from animals to electronics and include projects that are designed by the members themselves.

Making our community a better place to live...

Awards Through 4-H Achievement

Laurie McLean was named and recognized as State Clothing Achievement winner at 4-H Club Congress in June. Laurie won an all expense paid trip to Chicago where she will be attending the National 4-H Congress for a week in November. She won this trip based on her overall participation and accomplishments in clothing.

While in Chicago, her achievement record book will compete nationally, for a $1000 scholarship.

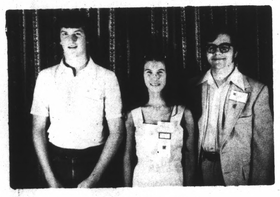
Laurie is the daughter of Mr. and Mrs. John McLean of Appomattox.

4-H Fashion Fever

Shown above are: front row - Ann Hancock, Dana Lee; back row - Maria King, Jennifer Inge, and Laurie Cowan.

These girls were part of the 4-H junior members that had caught the Fashion Fever at the 4-H Fashion Revue in August.

Over 40 4-H'ers modeled in this year's 4-H Fashion Revue. The Fashion Revue marks the end of a series of summer 4-H sewing classes.



4-H Electric Congress

On August 15, 1978, the buses pulled out of Triangle Plaza for the beginning of the State Electric 4-H Congress held at the John Marshall Hotel in Richmond, Va. Upon arriving, we checked in and found our room and information for the week. Then the three of us (Pam Moore, Adult Leader; Phillip Jacobs, demonstration guest; and David Caldwell, Congress delegate) struck out in different directions for meeting, banquets, or just to meet new friends. Therewere a total of 100 delegates from all over the state. With that many people in a hotel for a convention, there was always plenty of activities going on.

The three day event included banquets, dances, demonstrations, booth judging and display, get acquainted party, Richmond historical tour, and a trip to Busch Gardens. The Congress combined fun with many learning experiences to make for a very enjoyable conference. The State 4-H Electric Congress is entirely paid for by the Virginia Electgric Coops.

by David Caldwell

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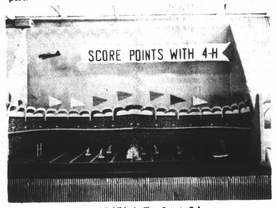
4-H "Freedom To Be"

We, the 4-H'ers of Appomattox, wish to thank you, the people and businesses of the county for your avid support. Without you, our "fans" - - our "friends," we would not be possible. We take this opportunity to share with you some of our activities. We ask you to join us in a National celebration of the 4-H Club. What does 4-H mean? It means, to its members, the giving of head, of heart, of hands, of health. 4-H'ers work together: to better the community, to organize activities for special groups, to help the "needy," to educate, to support, to plan; the list is endless. 4-H can mean many things to many different people - - 4-H is, "Freedom to Be," whatever it is that you want to be. Just reach out, and it's there. It's free, if you'll seek it. Browse through our articles, there's something for everyone in 4-H Join our club; we'd love to have you. We'd like to help you to "Make the best - - better," as our motto states. Celebrate with us, join if you haven't; and again, we thank you, our community, for your support.



4-H'ers Exhibit At Five County Fair

Farmville's Five County Fair provides many opportunities for individual and group 4-H exhibits. The individual exhibits build project records, earn ribbons and, in some cases, cash awards. In planning their fair exhibits 4-H'ers learn to select the best they have and to display their work.

Each year Appomattox 4-H'ers bring back well over $500 in prize money for their Fair exhibits.

Club educational exhibits such as the one prepared by the Lucky Clover 4-H Club several years ago also provide opportunites for the public to learn about the 4-H program. In the 1978 Fair, the Falling River 4-H Club, Evergreen 4-H Club and the Teen Leader Club prepared educational exhibits for the Fair.

4-H Judging Team

Meat Identification and Evaluation is one of the newer programs in the Virginia 4-H Program. These 4-H'ers left to right: Mary Dyess, Steve Conner, Cheryl Walton and Lisa Moore won the Meat Identification and Evaluation Contest on the District level and traveled to the State 4-H Congress to capture the honor of "High Scoring Team."

Mary and Cheryl will travel to Kansas City with the Virginia 4-H Meats Team and compete on the National level.

The meats program is only one of several judging experiences available through 4-H. Others include: livestock, dairy, poultry, soils, and horses.

Local assistance is provided by Wilbun's Supermarket, Kings Market and Dinnerbell Meat Products.

4-H Poster Contests

4-H'ers give vent to ideas, by being artistic on the poster board. One such contest is "June is Dairy Month" poster contest, and Susan Parris (in photo) invites you to "Pull for Milk," to reap the benefits of a wholesome diet. 4-H'ers get in the spirit of things, and put that imagination to work in the poster contests.

In 1978, ninety Appomattox 4-Hers made posters in the June Dairy Poster Program. Awards in this program are sponsored by the American Dairy Association.

4-H Dog Show!

"Dogs are man's best friend," is the feeling many 4-H'ers have about their prize winning canines. Lawson Ford is the best friend of many 4-H dog lovers, because of their sponsorship of the Appomattox Dog Show, which has been their "pet" project with 4-H'ers since its origin in 1971. Pictured above standing is Mrs. Dorothy Dubisher (show judge) and Mr. Bill Burke of Lawson Ford; sitting from left to right is Luann Crain and her 1978 "Best in Show" dog, David Robertson and Joanie Canada.

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Demonstrations - - Illustrated Talks

Here is Susan Shorter, a 4-H'er that participated in the Senior Demonstration and Illustrated Talk Contest held at Appomattox County High School. This gives 4-H'ers the chance to show an audience how to do a particular thing or tell them about a specific topic using props which help them to make a talk that is very detailed and informative as well as entertaining. "First Aid for Furniture" was Susan's topic.

State 4-H Club Congress

Each year, senior 4-H members (ages 14-19) are chosen to represent their district in a Statewide convention. Contests go on, learning activities, special guest speakers, state 4-H officer elections, awards assemblies and banquets, new friends are met and ideas are exchanged on the VPI&SU campus. These 4-H'ers are the "cream of the crop," selected to represent their state's 4-H club.

4-H Business Management Workshop

Learning many management principles is the vital key to the 4-H Business Management Workshop. Shown above are Mrs. Helen Feagans, Amherst County; Susan Parris and Cheryl Walton, Appomattox County; and Dr. Joel Williams from VPI&SU. Susan and Cheryl were participants in the Business Management Workshop, as Mrs. Feagans and Dr. Williams were leaders of the workshop.

The 4-H Business Management Workshop includes-planning, financing, production of a product, advertising, sales of a product and the financial summary for a company.

Scholarships for the workshop were provided by the Appomattox County Chamber of Commerce.

4-H Camp

Summer arrives, school ends and 4-H'ers still fellowship together. 4-H Camp gives members the opportunity to meet other young people, to learn how to swim, fish, cook on the grill, make crafts, you name it, it's there if you want it. 4-H'ers learn to have fun and to win and lose gracefully. 4-H Camp is going strong - - as long as the participants continue to be so eager.

Over the past several years, about 150 Appomattox 4-H'ers have attended camp each summer.

Adult Leader Recognition

Adults who volunteer their time and expertise are an important part of the total 4-H program. Without the many adult volunteers that assist Appomattox 4-H'ers, the program would certainly falter.

There is a continual need for volunteers in the local 4-H program. If you are willing to assist, please give your local Extension Office a call.

Pictured are Mrs. Betty Bryan, Michael Hancock, and Mrs. Kathy Whately who were recognized for their outstanding contributions to 4-H during 1977 4-H Awards Banquet.

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Tamara Nash - Entertainment at 1977 4-H Award Banquet.

Community Senior 4-H News

Philip Jacobs - 1977 State Fair 4-H Demonstration

Top Fund Raiser in American Cancer Society Dance-A-Thon

A Change To Build Confidence

One of the major purposes of the total 4-H program is to help young people develop individually as productive and useful citizens. One portion of their development is the confidence to speak or perform before an audience, whether it be large or small. Through such programs as 4-H Public Speaking, Share-the-Fun and Demonstrations and Illustrated Talks, Appomattox 4-H'ers have opportunities to develop poise and confidence in their abilities to speak before a group. Serving in a 4-H office in an individual club also provides an opportunity to build self-confidence.

Above are pictured Tamara Nash (accompanied by Kathy Johnson) as she performs before the 1977 4-H Awards Banquet crowd and Phillip Jacobs as he presents his Electric Illustrated Talk at the 1977 State Fair in Richmond.

Senior Division Winner, 4-H Share The Fun.

Junior Division Winner, 4-H Share The Fun.

4-H Share-The-Fun

The 4-H program has many activities for its members, but the most glamorous and exciting is the 4-H Share-the-Fun Show. Familiar to most, it is an annual talent show held on the county, district and state levels.

Involving more than 30 senior members and 200 junior members, the County Share-the-Fun takes place each fall. Being in this program gives a person the chance to express themselves either by song, dance or skit. It also enables an individual the experience of performing on a stage. These qualities are much more important than winning to the 4-H program. Come out this fall and see what Share-the-Fun can do for you.

Share-the-fun awards are provided by the Virginia Association of Electric Cooperatives and the Appomattox County Farm Bureau.

Pictured are Tony Bailey and Herman Wheeler, winners in the Junior Division, and Mr. Jimmy Rosser of the Appomattox Farm Bureau. Tamara Nash, Senior Division winner, is awarded a certificate by Miss Claudette Smith, Extension Agent.

Community Servic e Through 4-H

4-H members in Appomattox participate in a number of community service programs during the year. A portion of the 4-H pledge says "My Hands to larger service" and many 4-H members strive hard to be of service to others in their community.

During the past year 4-H'ers have assisted with the fund raising efforts of the American Red Cross, assisted with the development of the new Pamplin Community Center, have participated in community clean-up programs and have helped promote the annual Bike-A-Thon for the American Cancer Society.

Glen Clowdis with his Reserve Champion Single Hog.

4-H'er s Speak Out!

One important phase of a 4-H'ers life is the Public Speaking program. Public Speaking not only enriches one's life but also strengthens it. Many 4-H'ers characters have been built up by participating in the Public Speaking Contest.

Also the Public Speaking Contest helps to encourage speaking out for one's belief and opinions. So 4-H'ers, speak out! And become better 4-H'ers and citizens.

4-H Public Speaking in Appomattox is sponsored by Farmers National Bank. Over the past seven years, over 1,000 young people have received recognition through 4-H Public Speaking.

Pictured with Mr. Jim Pugh of Farmers National are the 1978 4-H Public Speaking winners: Brett Marston, Mike Roach, Blair Smith, Janet Smit h, Suzette Ranson, Mike McCoy, Tambra Hamlet, Jane Guill, Tamara Nash and David Caldwell.

Beckham

OCTOBER 9 - Miss Eunice Martin and Mrs. Howlett Drinkard visited Mrs. John Grow of Roanoke recently.

Visiting Mr. and Mrs. Gibbs Martin Friday were Rev. James Becker, Miss Clydie Bell, Mrs. Mary Campbell and Mrs: Jessie Campbell.

Mrs. Winston Martin and Mr. Robert Morris were honored for their birthday Saturday night at the home of Mr. and Mrs. Robert Morris, Melanie Morris and Mrs. S. G. Martin. Their brother and sisters and families were present for the occasion.

Mrs. H. C. Moore and Mrs. H. E. Burge went with Mr. and Mrs. Raymond Hamilton to their home in Richmond for the week.

Traci Schmutz spent the week end with Charlotte Moore.

Jennifer Schmutz visited during the week end with Monica Stratton.

Mr. and Mrs. Tom Schmutz and Edward visited Mr. and Mrs. Raymond Hamilton, of Richmond Sunday. Mrs. H. C. Moore returned home with them.

Mr. and Mrs. Afred Moore visited Mr. and Mrs. Sherman Hunter Sunday afternoon.

Mrs. Alfred Moore, Timmy Moore, Mr. and Mrs. Robert Morris, Melanie and Mrs. S. G. Martin visited Mr. and Mrs. Edgar Tuck and Kathy Sunday night.

Mr. and Mrs. John Moore visited Mr. and Mrs. Marwin Moore, Jr. and family Sunday afternoon.

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IT CHANGES SHAPE AND GETS STRONGER AND HEALTHIER.
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WE'LL HELP YOU!.. WE'D LOVE TO!
October is BRING A FRIEND MONTH! A free trial visit.

Kenneth McClenny is shown with his Champion Angus Heifer.

4-H Livestock Projects

Although less than 10% of Appomattox's nearly 800 4-H'ers now live on farms, many 4-H'ers are still interested in agricultural projects. Livestock, as well as crop projects, are still taken by 4-H'ers each year.

The culmination of a 4-H Livestock Project is the opportunity to exhibit your animal. Appomattox 4-H'ers participate in the Southside Area Junior Livestock Show in the spring, the Piedmont Junior Market Hog Show in August and the Five County Fair in September. In addition, some 4-H'ers also participate in Sate shows.

In the pictures above: Glen Clowdis is shown with his Reserve Champion Single Hog and Kenneth McClenny is shown with his Champion Angus Heifer. Both of these 4-H'ers participated in the 1978 Southside Area Junior Livestock Show.

Other Appomattox 4-H'ers participating in Livestock Shows during the year were: Jill Noble, Glen McClenny, Patty Harris, Barry Watkins, Dale Clowdis, Michael Phelps, Jim Hix, Charlotte Moore, Larry Harris, Elaine Wilson, Hank Wilson, Kelly Neville and Lisa Coleman.

Appomattox 4-H'ers appreciate the support of many area businesses that help sponsor 4-H Livestock activities.

Joe Ford
State 4-H President

Appomattox has something to really be proud of now! It is the home of the president of the 1978-1979 4-H Club Congress. The president is Joe Ford. Joe has been in 4-H for 10 years. Over the years Joe has shown outstanding ability in leadership. Joe's duties as being president will include presiding at the 1979 State 4-H Congress. We all should be proud of our President, Joe Ford.

Vera Church of God To Sponsor bake Sale

The Vera Church of God Ladies' Auxiliary will be having a Bake Sale on Saturday, October 14th, at Triangle Plaza Shopping Center in front of the old REVCO building.

You are invited to stop by and make your selection of delicious home baked items.

Pancake Supper

The Memorial United Methodist Church men will have a Pancake Supper on Friday, October 13th, from 5 p.m. to 7 p.m. at the church.

Cost is $2.00 for adults and $1.50 for children. The menu will be coffee, sausage and all the pancakes you can eat. Profits will go to church related mission projects.

Come by for a good dinner before attending the ACHS Homecoming football game.

PAMPLIN

Mr. and Mrs. Wesley Hamlet, Mr. and Mrs. James T. Davis, Jr., Mr. and Mrs. B. G. Richardson attended the "500" races at Charlotte, N. C. last week end.

A memorial service will be held at Pamplin United Methodist Church for Mrs. Hilda Sizemore Harless Sun. day, October 15 at 1:30 p.m.

Mr. Lloyd Inge entered McGuire Veterans Hospital, Richmond on Monday.

Pamplin Chapter of AARP will meet Thursday, 7:30 p.m. at Pamplin United Methodist Church.

SERVICE

Have those valuable papers laminated, Phone 352-8215. **The Times Virginian.**

Loses 128 Pounds
Thanks to Healthy Conway Diet

When this photo was taken, Mrs. Delores Warren had already lost 113 pounds in just 11 months. She has since lost another 15 pounds.

The now slim Mrs. Warren, who loves to dance and is attending beauty school says, "I had never been able to stick to a diet and could never have done it without the Conway program."

The Conway weight reduction program consists of three main elements:

• **A balanced, 1000 calorie** diet that includes all food groups and exceeds the established nutritional requirements for adults.

• **Weekly educational seminars** that deal with the physical, nutritional and emotional causes of overweight.

• **The Forever Slim plan** for permanently maintaining slimness.

Weekly Insight-Motivation Seminars
APPOMATTOX
Mondays, 7:30 P.M., Fidelity Branch Bank, Moses St.
BROOKNEAL
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Tuesdays, 7:30 P.M., Central United Methodist Church
CHARLOTTE COURT HOUSE
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